Zucchini Carrot Muffins

Recipe makes: 12 servings (1 muffin per serving)

Preparation time: 30 minutes

Cook time: 15 to 20 minutes

Equipment: one set of measuring cups, one set of measuring spoons, one vegetable peeler, one grater, parchment paper (optional), 12 muffin liners (optional), one 12-cup muffin tray, two medium mixing bowls, three spoons, one whisk or fork, one rubber spatula, one butter knife, one fork, one pair of oven mitts, one oven, one cooling rack or plate

What you need to make this recipe:

- Cooking spray or butter (optional)
- 1 cup all-purpose white flour
- ½ teaspoon ground cinnamon
- ¼ teaspoon salt
- 1 teaspoon baking soda
- 1 large egg
- 2 tablespoons canola oil
- 2 tablespoons fat-free plain yogurt
- ½ cup honey
- 1 teaspoon vanilla extract
- 1 cup finely grated zucchini
- ½ cup finely grated carrot
- ¼ cup raisins

How to make Zucchini Carrot Muffins:

1. Preheat an oven to 175°C (350°F).
2. Prepare a 12-cup muffin tray:

    Option 1: Lightly grease each cup in the muffin tray with cooking spray.

    Option 2: Lightly grease each cup in the muffin tray with butter using parchment paper.

    Option 3: Put one muffin liner in each cup of the muffin tray.

3. In a medium bowl, stir together the flour, cinnamon, salt and baking soda using a spoon.
4. In a second medium bowl, beat the egg with a whisk or fork. Add the oil, yogurt, honey, and vanilla to the egg. Whisk until combined.
5. Add the wet ingredients to the dry ingredients and stir, using a spoon, until just combined.
6. Add the grated carrot and zucchini to the muffin batter. Using a rubber spatula, fold the carrot and zucchini into the batter until combined.
7. Add the raisins to the batter. Using the rubber spatula, fold the raisins into the batter until combined.
8. Fill each cup in the muffin tray ¾ full with batter.
9. Bake the muffins in the preheated oven for 15 to 20 minutes or until a toothpick inserted in the center of a muffin comes out clean.
10. Cool muffins in the tray for 10 to 15 minutes on the top of the stove.
11. After 10 to 15 minutes, take the muffins out of the muffin tray by running a butter knife between the side of each muffin and the wall of the tray. Use a clean fork to lift each muffin out of the tray. Put the muffins on cooling rack or plate to finish cooling.

Zucchini Carrot Muffins

Nutrition Facts	
Per 1 serving (1 muffin)	
Calories 120	**% Daily Value***
Fat 3 g	4 %
Saturated 0.3 g + Trans 0.1 g	2 %
Carbohydrate 22 g	
Fibre 1 g	4 %
Sugars 14 g	14 %
Protein 2 g	
Cholesterol 15 mg	
Sodium 170 mg	7 %
Calcium 10 mg	1 %
Iron 0.75 mg	4 %
Vitamin A 50 µg	6 %
Vitamin C 2 mg	2 %
5% or less is **a little**, 15% or more is **a lot**	
Nova Scotia School Food and Beverage Standard: Moderate	

Allergy information:

Contains wheat, gluten, milk, and egg.

About this recipe:

Carrots are a source of vitamin A. Vitamin A helps keep your eyes healthy.

Substitutions:

To make this recipe gluten-free, use all-purpose gluten-free flour.

To make this recipe milk-free, use a milk alternative like unsweetened soy beverage.

Storage information:

The muffins can be stored in an airtight container at room temperature for 1 day, then refrigerated for up to 1 week. The muffins can be stored in the freezer for up to 1 month.

Frozen muffins can be thawed by baking in the oven at 175°C (350°F) for 10 minutes. Before baking the frozen muffins, wrap each one in aluminum foil and put it on a baking tray.